

Sample Breastfeeding Policy for Child Care Settings

Breastfeeding is the normal way to feed a baby, providing many health benefits to both infant and mother. Because breastfeeding employees need ongoing support from child care providers to provide their milk for their babies, <<Child Care Name>> subscribes to the following policy.

1. Breastfeeding mothers shall be provided a place to breastfeed or express their milk.

Breastfeeding mothers, including employees, shall be provided a private and sanitary place other than a bathroom, to breastfeed their babies or express milk. This area provides an electrical outlet, comfortable chair, table or stand and nearby access to running water.

2. A refrigerator will be made available for storage of expressed breast milk.

Breastfeeding mothers and employees may store their expressed breast milk in the child care's refrigerator. Mothers should provide their own containers, clearly labeled with name and date. The child care will follow guidelines from the American Academy of Pediatrics and Centers for Disease Control and Prevention in ensuring that breast milk is properly treated to avoid waste. Universal precautions are not required in handling human milk.

3. Sensitivity will be shown to breastfeeding mothers and their babies.

The child care is committed to providing ongoing support to breastfeeding mothers, including providing an opportunity to breastfeed their baby at any time, and holding off giving a bottle, if possible, when mom is due to arrive. Artificial baby milks (formula) and solid foods will not be provided unless the mother has requested. Babies will be held closely when feeding and bottles will never be propped. The child care facility feeds infants on demand and communicates with mothers about feeding preferences.

4. Staff shall be trained in handling human milk.

All child care staff will be trained every 3 years in the proper storage and handling of human milk, as well as ways to support breastfeeding mothers.

5. Breastfeeding employees shall be provided flexible breaks to accommodate breastfeeding or milk expression.

Breastfeeding employees shall be provided a flexible schedule for breastfeeding or pumping to provide breast milk for their children. The time allowed would not exceed the normal time allowed for lunch and breaks. For time above and beyond normal lunch and breaks, sick/annual leave must be used, or the employee can come in a little earlier or leave a little late to make up the time.

6. Breastfeeding promotion information will be displayed.

The child care will provide information on breastfeeding, including the names of area resources should questions or problems arise. In addition, positive promotion of breastfeeding will be on display in the facility. There are no advertisements of formula in the facility.

Adapted from the Mississippi Breastfeeding Coalition's *Building Breastfeeding Friendly Communities* project by the Wisconsin Department of Health and Family Services in collaboration with the Wisconsin Breastfeeding Coalition Division of Public Health – Nutrition Section PPH 40070 (6/03) www.dhfs.state.wi.us/WIC

Also available for reference: State of Vermont Sample Policy
http://healthvermont.gov/wic/documents/child_care_policy.pdf